STONED!

Kidney stones look like tiny pieces of gravel. They build up out of minerals in the urine. They can grow in your kidney without causing symptoms. But when they start to move, get ready to suffer. Few things on earth are more painful than a kidney stone stuck in your urinary tract on its way to the toilet.

Who got stoned?
White men in their 30s and 40s have the highest incidence. But everyone is at risk. On average, 1 in 11 in the U.S. are affected by kidney stones.

More getting stoned.
The prevalence of kidney stones is increasing. Possibly owing to rising rates of obesity, diabetes and poor diets.

What foods get you stoned?
Sodium and non-dairy animal protein contribute to the creation of kidney stones.

How do you get stoned?
Kidney stones are formed from the minerals and salts in the urine. They build up when you drink too little water, or have an underlying disease condition or genetic abnormality.

What if I don’t want to get stoned?
Pee more! Urination flushes out the kidney and urinary tract. Drink lots of water enough to produce clear or light straw-colored urine. Dark urine means you’re not drinking enough water.

What foods get you stoned?
Sodium and non-dairy animal protein contribute to the creation of kidney stones.

What foods are stoned-free?
Eat more fruits and vegetables to stay stoned-free. Avoid salt and meat of all kinds. The low-sodium DASH diet helps to prevent kidney stones.

PASSING OUT
Most stones don’t hurt until they start to move. When they do, Katie bar the door. The pain can be excruciating. You won’t need to be told to call a doctor immediately. You will.

How do I know when I’m stoned?
As long as a stone is just sitting there, it may cause no symptoms. Trouble happens when stones block the flow of urine. Pain and blood in the urine are the most common symptoms.

Cloudy, smelly urine, along with fever, chills and weakness, might signal an infection. Call your doctor as soon as possible.

Slightly stoned.
Some small kidney stones can sometimes be flushed out by drinking lots of water. Pain relievers and muscle relaxants can help them on their way.

Majorly stoned.
Big stones not only hurt, they can cause huge damage in the way that big stones can. Tiny instruments are used to remove the stones through a small incision in your back. Ureteroscopic surgery. A scope goes up your ureter, locates the stone, and allows its removal or destruction by special tools.

Extracorporeal shock wave lithotripsy (ESWL). You lie on a table while a device shoots shock waves at the stone until it breaks up.

Minimally invasive surgery. Tiny instruments are used to remove the stone through a small incision in your back.

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